

Podiatry News and Clues



Welcome to
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Inspect Your Feet Daily

What to Check For:
**Redness, Blisters, Cuts, Scratches,
Cracks between Toes, Discoloration
or any other Changes to your Feet.**

If you notice any infection or
abnormalities Notify your Podiatrist
Immediately!

Quote of the Day

*If you have great ambition,
take as big a step as possible
in the direction of fulfilling
it. Trust that even a tiny
step may be the largest one
possible for now.*

Diabetes and Your Feet...

If you're living with diabetes or at risk for diabetes then you already know that maintaining a healthy lifestyle is essential to your overall well being. Some precautionary measures you should take are:

- Inspect and Wash your feet Daily
- Always wear clean socks or hosiery(white socks are preferred)
- Avoid smoking, sitting with legs crossed and excessive sunburn
- Avoid exposing your feet and legs to cold or heat
- Cut nails straight across and not below the top of the toe
- Wear shoes that fit and avoid walking barefoot

All of these are good habits to incorporate into your daily life but you should also have your feet professionally examined at least twice a year. Keep in mind that your podiatrist will recognize any change in your diabetes and will recommend that you promptly see your diabetes doctor if necessary. Because diabetes may cause loss of feeling in your feet and you could have an infection and not know it, daily checks and regular visits to your podiatrist are good preventative measures to help maintain a healthy lifestyle.

LIVING...

Take charge and start living your life! Did you know that 70% of people with pre-diabetes go on to develop type 2 diabetes over time. Don't be one of them, **MAKE** changes **NOW!** Start slow and develop a plan to fight back. Get started by Getting Tested then Get Moving! A good way to start is to practice portion control and try to fit in more physical activity into your daily life. Also check your local hospitals, community centers or YMCA for information on support groups or possible nutrition counseling to help get you started.

EATING...

Portion control is a huge factor in preventing Diabetes. It's not just how much you eat but what you eat. Too much of a good thing can pose potential harm such as too many sweets, meats, breads, starchy foods and sugary drinks. Start small with smaller portions of each of these foods, and then try to substitute them with healthier options. Make sure your comfortable with each step before moving into next one to avoid falling back into old habits. For some great recipes, other tips and online support to get you started visit this link:
<http://www.diabeticlivingonline.com/diabetic-recipes/>

MOVING...

Trim the pounds and keep them off! There are huge health benefits to maintaining a healthier weight such as decreasing the risk of Diabetes, heart disease, high blood pressure, high cholesterol and even sleep apnea. Try to think of some physical activities you can work into your daily routine and get moving! Our office offers, Medicare and other insurance, approved Diabetic shoes for those who qualify. If this sounds like you, we recommend you schedule a consultation with Dr. Taub to determine if these orthopedic shoes are right for you and help you on your way to a happier and healthier life and future.

Is there something you want to see or share in our newsletter? Let us know! Maybe a success story or you just want to know more about something. You can email us back or find us on Facebook@ www.facebook.com/joseph.dpm or visit our website & click on the "contact" page

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